



IMPORTANT CLUB DETAILS

Shirts:

- \$10. E-mail Laura Kelly (lauraekelly@bellsouth.net) for more details.

Discounts:

- Running Warehouse (online store). To request the discount code e-mail (jleeds7@bellsouth.net)
- Fit2Run in Wellington Green Mall – 10% off, 20% if you also are a Fit2Run Club member.

UPCOMING EVENTS

Races:

- September 15th – Jeff Annas 5k
- October 28th – Wellington Horse Country 10 Miler and 5k
- December 2nd – Palm Beach Marathon; \$5 off registration use code: WRC2012

Track:

- Wednesday 6:15 p.m. @ Okeeheliee Park. Meet at start of the mulch trail. Track will return to Emerald Cover Middle School September 26th- watch the website and facebook page for more details.

WELCOME NEW MEMBERS!

- Shannon Felder
- Amy Lamboy

President's Message

Hello WRCers,

I hope everyone had (and is still having) a great summer, vacation and time off. We all know that temperature-wise summer is an endless season for South Florida. Then again we can swim outside in February when most of the country is under 6 feet of snow! While September means most are starting their fall marathon and race training, triathlons are still under way. We'll see below that August Triathlons and Duathlons meant a lot of "firsts" for several WRC members including a race out of state in a popular music icon location (hint: "thank you, thank you very much").

First, some upcoming club information:

- September 6th - In-store registration for the Horse Country 10 Miler and 5k race at Fit2Run store in the Wellington Green Mall from 6:00 to 8:00 p.m. If you missed signing up before the price increase, this is your last pre-price increase chance. Plus it's the night Fit2Run does their Thursday fun run, so come in sign up for the 10 Miler or 5k, then do the fun run, either 4 or 5 miles. This fun run gets you a free draft at World of Beer.
- September 15th – The Jeff Annas 5k taking place at the Wellington Community Center @ 8:00 a.m. WRC will have our tent at the event. If you participate, be sure to register as part of the Wellington Runners Club Team. If you have a WRC club shirt, wear em' and let's show everyone how we represent!
- September 26th – Wednesday night workouts move back to Emerald Cove Middle School Track for speed work.

In the interest of safety, the club requests that everyone provide emergency contact information so in the event something should happen we could contact someone. A phone number of a family member or friend is sufficient. This is not to suggest John P's workouts will make you pass out, blow a lung or otherwise incapacitate you (this only makes you a stronger runner!). This is voluntary, only club officers would have access to your information. This request will become part of our yearly member registration process. You can send your emergency contact information to me at jleeds7@bellsouth.net.

I would like to welcome all the new members that have joined the club over the summer months. We are glad to have you a part of the club. Our club has been steadily growing and we are now at about 100 members! The word is out about WRC- our members are what make our club great!!

Now, back to some of the "firsts" I mentioned. During the summer months many members race triathlons, congratulations to those that participated in the Loggerhead Tri – Amy (scorched the race!), Vince, Jess, Loree, Sharon and Kerry. Way to show them how WRC represents!



Loggerhead Tri – getting ready for the start!

Carlos and Lily Vanagas raced the Siesta Key triathlon and duathlon, respectively, where Lily was FIRST in her age group!! Way to go Lily- you're unstoppable!!



Lily snags first in her age group in the Siesta Key Duathlon

WRC went national with Toni and Chris Medvetz both racing the Elvis 5k at Graceland. Toni placed first in her age group. Were there post-race peanut butter and banana sandwiches?



*Carlos and Lily
at the Siesta Key Triathlon and Duathlon*



Toni with her gear

In keeping with WRC goes National and with the “firsts” theme, WRC represented with Carly Ray and John Matire at the New York City Ironman. They both rocked that race in under 12 hours for their FIRST Ironman!!!! Way to go!

Horse Country 10 Miler, 5k race, kids fun run and middle school 5k challenge:

A big Thank You to Becky Urbina and her boundless enthusiasm. She has done a lot to secure post-race food and sponsors. If you can volunteer on race day, please do. We have several areas we will need help with and you will still be able to race. Whole Foods is donating all of the fruit for race morning but we'll need volunteers to cut it up on race morning. Same goes for registration. If you are not running and would like to help out race morning, we need (amongst other things) course marshals, water stop volunteers, and a lead bike rider. Caroline Auntieline Mantel is organizing all volunteers. E-mail her at crosscam@gmail.com if you'd like to help out.

-Jen

Sprinters

A Section For and By Younger WRC Members

You've Got What It Takes!

Wonder Woman! That's what some people are calling her. Her name is Carly Ray. I call her Queen of the Ironman! Carly recently completed the New York Full Iron Man with a few other WRC buddies. You will soon understand the makings of this local athlete. You may find out that you share one of her major weaknesses like I do- *gelato*! Here is my exclusive interview with her after completing the race.

Are you from Wellington? If not, where? What are your roots?

I was born and raised in Miami, FL, but my family now lives in New Smyrna Beach, FL.

When did you first get into sports? Do you come from a sports-driven family?

I have always been an athlete. I grew up as the youngest of 5, (3 girls and 2 boys), but the boys were closest in age, so I naturally became their teammate for various backyard sports. My aunts were always runners (which I thought was crazy!), my father was a football player, and my brother was a football and hockey player. The girls in the family were all models, but as I got older, I decided I wanted to pursue sports instead. My real athletic career started in 7th grade, when a friend of mine begged me to accompany her to volleyball team tryouts. I had intended to join the cross country team until I found out I was the only 7th grader who made the volleyball team. I fell in love with the sport and played competitively from that day forward.

How did you get into the sport of triathlon?

I came into the sport of triathlon really by default. After suffering a career ending shoulder injury and 5 surgeries, I needed to do something besides volleyball to stay in shape (and release my competitive energy). I started running. I ran a 5k, then a 10k, then a half marathon and finally my first full marathon. I began to love running, but my body was feeling the effects of too much mileage and pounding. When I joined WRC in 2009, I heard a few other runners talking about riding their bikes for cross training. That was all I needed to hear. I bought a bike, got a LA Fitness membership, and started training.

Where do you find your inspiration and motivation?

Every day is different. I am always motivated by competition and a challenge, but I find something different to focus on to get through each workout. Sometimes it's people, sometimes it's Bible verses, and sometimes it's dessert.

What does a typical training week look like for you?

Depends what my next race is, but a standard base training week is typically Swim hours 3-4, Bike hours 5-6, Run Miles 20-30, Weight Training 3-4x/week

How do you reward yourself after a grueling workout?

Dessert is my weakness- Frozen Yogurt or Gelato!

What is your biggest athletic accomplishment?

There are two: Getting a full scholarship to play volleyball at Florida State University and Becoming an Ironman!

What is your biggest athletic dream?

When I became a runner/triathlete I always wanted to qualify for Boston, and complete an Ironman... 2012 was my year for both! So next up would be to qualify for and compete in Kona.

What is your advice for kids who want to be athletes?

If you can dream it you can do it! Always keep your eye on your goals, and have fun getting there!

-Kyle Urbina

Travelin' Man attends US Olympic Track and Field Trials in Eugene, Oregon

“Up with the sun, gone with the wind, she always said I was lazy. Leavin’ my home, leavin’ my friends, runnin’ when things get too crazy”. Detroit native Bob Seger penned those words a long time ago and I listened to them way back in the 1980s when I attended college in Michigan and ran competitive track. Those days were simple. The world was easier to understand. My buddy/team-mate on my track team was a skinny guy named Craig McCarthy. Yeah, I think it would be fair to say that I liked Craig right from the start. He was quick-witted and always made me laugh. He joined the US Air Force and then the US Navy. He moved often and worked in highly classified operations. He was a Patriot who served our country well for over 27 years. We lost touch like many people do.

I remember the last bit of dialogue from one of my favorite movies, *The Shawshank Redemption*, Red is speaking of his friend Andy when he says: “I had hoped to see my friend, shake his hand and relive our days together when the world turned much slower. We had started a journey back many years ago whose conclusion was uncertain. Hope is a good thing, maybe the best of things, and no good thing ever dies.” I had hoped to see my friend again too.

Through a serendipitous route fate brought us together again after almost 25 years. We picked up right where we left off and made plans to visit Tracktown USA in Eugene, OR [Hayward Field] for the US Olympic Trials in June of this year. This is ground zero for die-hard track and field fans, where Nike was founded and where the legend of Steve Prefontaine was born.



Craig and Mark

The meet and the facilities were fantastic. We got to see Galen Rupp win the Men’s 5000 meters in an inspiring, down the stretch duel with Bernard Lagat in Olympic trials record time record. Allison Felix wowed the crowd of over 20,000 with a world leading 200 meter time. Fort Lauderdale native Sandra Richards-Ross turned in a sterling performance in the women’s 400 meters. Hope springs eternal.

Passion and awe inspiring performances ruled the day. Some athletes were there for redemption, others to try one last time to attain their goals of qualifying to represent the USA in London. Craig and I enjoyed every minute of the trials. Bob Seger would say that “these are the memories that make me a wealthy soul”. I concur.

-Mark Janik

This Space Could Be Yours!

We’re looking for articles from members- they could be race reports, gadget reviews, or even a guide to your favorite running routes in the area. Please submit any articles/photographs/results/suggestions to mvlain@gmail.com before the 20th of the month. Feel free to contact me with any questions.

-Michael Laing